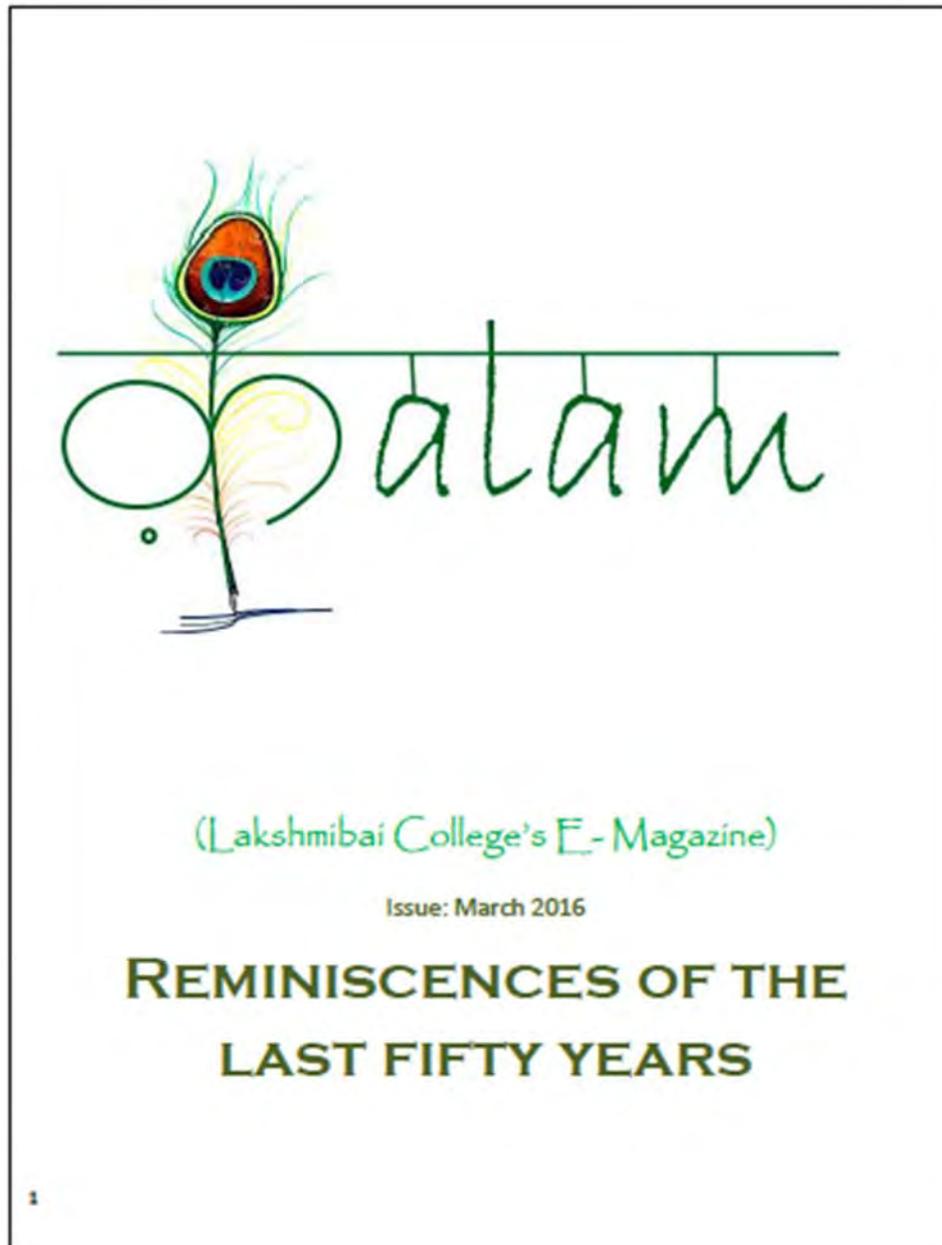


QALAM MAGAZINE

2015-16

<http://lakshmbaicollege.in/Secure-admin/webroot/upload/customfiles/15032016074928Qalam%20March%202016%20Final%20Draft%20Edited.pdf>



## Editorial Column

### QALAM-The E-magazine

Expression moulds thoughts into ideas and ideas engender revolutions. Institutions are the bedrock from where the catalysts of revolutions are derived. At Lakshmbai College we are engaged in revolutionizing young minds that blossom and mature into responsible individuals. The present is the product of the past but it is also the seed of the future. Keeping this in mind, we cultivate the young minds so that they master the art of excellence.

Celebrations of the Golden jubilee year brought to mind the struggles we put in as an institution. Introspection and effort seem to be the necessary stepping stones to complete the voyage to attain the goal of knowledge. This process involves sifting and sorting what is best in tradition and modernity.

The quest for knowledge is full of challenges. Innovation and learning is intricately enmeshed in the fabric of an educational institution. We cannot hope to survive and sail if we do not embrace change. However change need not be a nihilistic process. It evolves gradually just as a sculptor chisels a rock into a marvelous masterpiece. Creation is an evolutionary process and we are agents of change.

Kalam -the e-magazine is a milestone in the journey of our college. This bilingual magazine is a platform for exchange of ideas that translate into revolutions. It is the expression of ideas of minds that are engaged in this collective endeavor of our institution. It is the initiation of a dialogue that will help us achieve the goal of excellence. We perceive this as the beginning of a pursuit on the 'road not taken'.

**Dr. Sucheta Chaturvedi**

**Editor**

2016-17

[http://lakshmbaicollege.in/Secure-admin/webroot/upload/customfiles/07102016042701QALAM\(October%202016\).pdf](http://lakshmbaicollege.in/Secure-admin/webroot/upload/customfiles/07102016042701QALAM(October%202016).pdf)



September 2016

# Humans - Humane?

-Somya Guglani

We live in an age where people value mobile phones more than they value actual lives; they would cover 1000 miles if they had to, to make sure they get the latest version of an iPhone but wouldn't call on a relative who's about to die. We were taught to be kind in school by our teachers, and the same teachers can choose to be unsympathetic and set a bad example. It's ironic how as we grow older, we try to become more sympathetic and the world that taught us to do so become more apathetic which isn't a bad trait as long as it doesn't become a habit and then turn into plain spite! It is intriguing how we use religion to shield ourselves; to explain away the harm we do to others and then burst out into flames when the same tactic is used by others and it is

2017-18

<https://lakshmibaicollege.in/Secure-admin/webroot/upload/customfiles/24042018103935Qalam.pdf>





E-magazine of Lakshmi Bai College

#### Teacher Editors

Department of English  
Dr. Anju  
Ms. Avantika Chamoli  
Mr. Dharmendra Singh

Department of Hindi  
Dr. Amita Mishra

Department of Sanskrit  
Dr. Anita

#### Student Editors

Ms. Soniya Guglani  
Ms. Prerna Jain

#### Layout Design

Ms. Rhythm Sahuja  
Ms. Itika Pal  
Ms. Soniya Guglani

2018-19

<https://lakshmibaicollege.in/Secure-admin/webroot/upload/customfiles/28032019055424Qalam%202019.pdf>





### Teacher Editors

#### Department of English

Dr. Sucheta Chaturvedi

Ms. Avantika Chamoli

Mr. Dharmendra Singh

#### Department of Sanskrit

Dr. Meera Sharma

### Layout Design

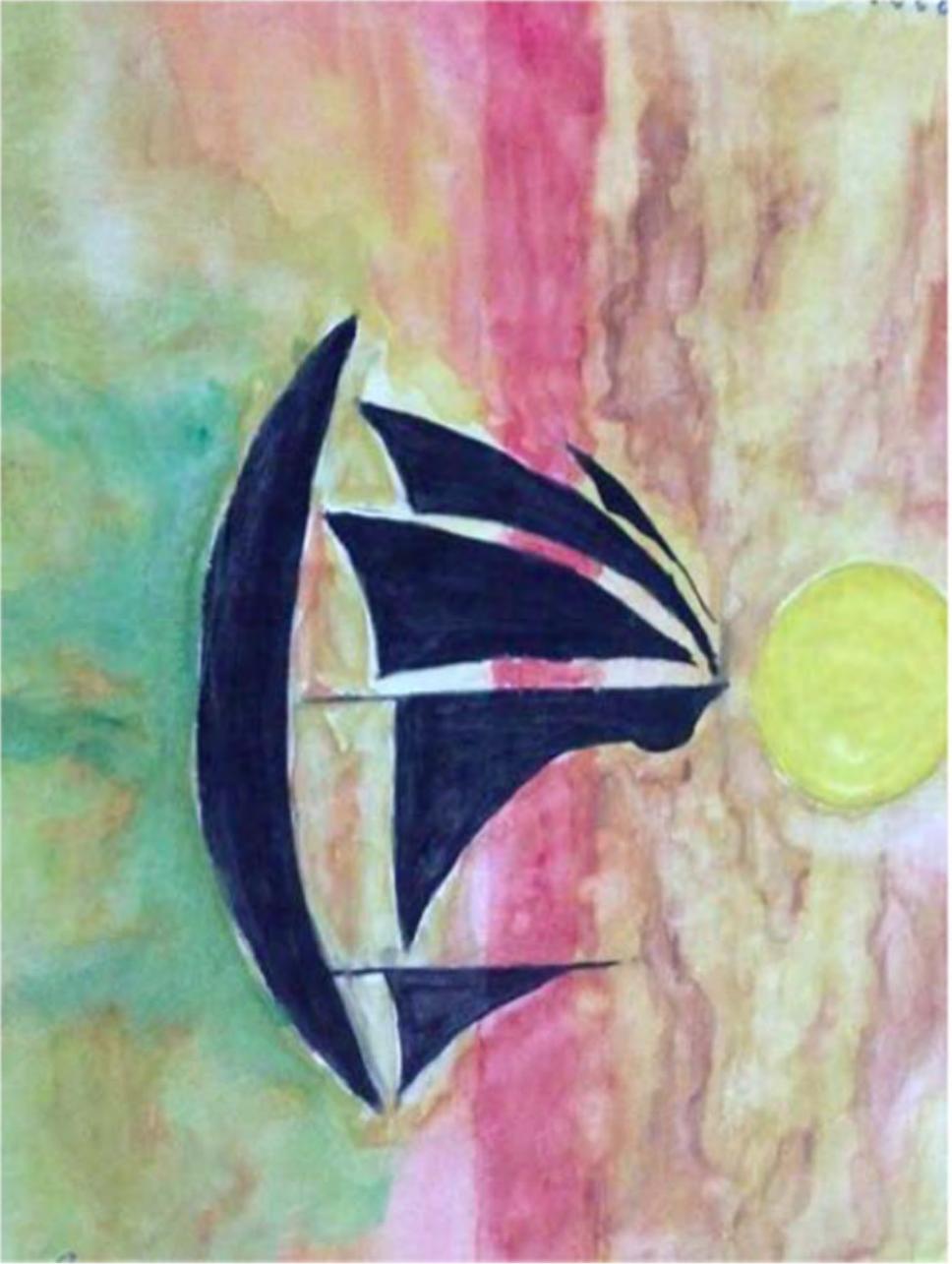
Harshita Menchanda

## CREATIVE BOARD ON COLLEGE WEBSITE: GLIMPSES

### Creative Board

Creativity is humanity at its best. It is one of the most mysterious and yet the most revelatory aspects of our existence. Theories abound about the creative process but none would deny the magicality of the moment when something new is created and takes form. It is a god-like demiurge, which may emerge from a deeply personal realm but reaches a universal plane in its finished form. Creativity, thus paradoxically, makes us a creator as well as fully human. . It enables us to cast in an aesthetic mould our thoughts and feelings. All of us have a Blake, Eliot, Tagore, Picasso or a Disney in us. As a unique space that provides the opportunity to explore the creative potential within all of us, we invite you to share your creative ventures on the CREATIVE BOARD. Your entries could be in the form of poems, stories (not more than five hundred words), sketches, paintings. Students may mail them to: [lbccreativeb@gmail.com](mailto:lbccreativeb@gmail.com)

S. No.	Contributor	Course	Contribution
1	Tarvi Jain	B. A. Hons. (Economics) VI Semester	Paintings
2	Nishi Shridhar		Paintings
3	Sana Khaidy	B. Com Hons I Semester	Paintings
4	Pooja Batra	B. A. Hons (History) VI Semester	Article
5	Pooja Batra	B. A. Hons (History) VI Semester	Poetry
6	Pooja Batra	B. A. Hons (History) VI Semester	Article
7	Renu Mahaur		Article



## **MY GOOD FRIENDS**

Around the town I have a friend,  
In this great city which has no end,  
Yes the days go by, weeks rush on,  
And before I know it, a year is gone...

And I never see my old friend's face,  
For life is a swift and terrible race,  
They know I like him/her as well,  
As in the past days when I rang their bell...

But we were younger then,  
And now we are busy, tired men/women,  
Tired of playing a foolish game,  
Tired of making a new nickname...

Tomorrow, I say, I will call you, my friend,  
Just to show our friendship has no end,  
But that tomorrow comes and goes,  
And distance between us grows and grows...

Around the corner, yet miles away,  
There's telegram Madame, your friend died today...  
And that's what we deserve and get in the end,  
Around the corner, a vanished friend,  
Even if I am always bad to be your friend,  
But it's your wish in the end...

## **MY BEST FRIEND**

You made me laugh when I cried so hard,  
You gave me bracelets to cover my scar,  
You held me close when I was so cold,  
You offered a conferring hand to hold...

## 1. INTRODUCTION

The changing dietary habits and availability of obesogenic junk food in college canteens can have far reaching adverse effect on the health of students and staff in terms of lifestyle related non-communicable diseases (NCDs), including obesity, diabetes, heart disease, stroke and cancer. Taking cognizance of this fact, the University Grants Commission (UGC) has requested the Universities to stop serving junk food on their campuses and to sensitize the students against consumption of these unhealthy foods.

Including fruits, vegetables, and whole grains and lowering saturated fats, trans fats, sodium and sugar is a good way to get started. Ensuring food safety is another essential prerequisite for delivering good quality food.

This project was undertaken in 2016 to setup a small food service unit to provide nutritious and safe food to the students as well as staff of Lakshmi Bai College. It is presently in Season 4.

The main objective of this project is to provide safe and nutritious food to the teaching and non-teaching staff and the students of the college. Second objective is to provide a platform for students to learn entrepreneurial skills on small scale

## METHODOLOGY

The project proposal was prepared under the guidance of Dr. Anita Malhotra, and approved by the Academic and Extracurricular Planning and Implementation Committee (AEPIC) and the Principal.

**Formation of Self Help Group:** Nearly 15 students volunteer and contribute rupees 100 each to form a Self Help Group 'Nutri Squad' with Project Investigator as the leader.

**Planning:** As per the availability of the Food Technology laboratory, the lab staff, and the student volunteers days are decided every semester to work on standardization, costing and other the preliminary tasks on a mid-week day and prepare the products fresh on the morning of sale. The time for sale is from 11 am to 1 pm.

Menu includes at least two items (one sweet and one savoury) for sale every week keeping in mind the choice and preferences of students. A conscious effort is made to prepare nutrient dense snacks using plenty of vegetables/fruits, and whole grains. Fat content is curtailed to lower the energy density.

**Marketing and promotion:** The self-help group has a tagline 'Goodies for Foodies', a printed flex banner and uses display boards provided by the college for putting up the 'Menu of the Day' and Feedback. Group messages about the Food plaza and the day's menu were posted by whatsapp/ college app a day before and on the day of the sale to attract the customers.

## **OUTCOME**

Nutribite has gradually and successfully evolved as a small food joint, which has been able to provide the students and staff of Lakshmibai College food with taste, nutrition, safety, variety, and satisfaction. The Food Plaza stall are put up 6-8 times per semester.

### **Ensuring food safety and nutrition**

The snacks prepared at food plaza are carefully selected and standardized on the basis of their nutrition content and are prepared hygienically. The Nutri Bite team keeps a strong quality check right from procurement till the distribution of food.. To provide safe food, WHO's five keys to safer food are followed. Nutri Bite products are nutrient dense foods with high fiber content.

### **Consumer preferences and quantum of sale**

Muffins and cakes are a big hit and are generally sold within 30 minutes of the sale day. On customer's demand, eggless muffins are also prepared. The team bakes nearly 70 muffins. For savoury snacks, nearly 70 servings were prepared each day. Nutri Bhel Nutri Cutlets, Cheese balls Cheese Corn Burst, Veggie Macaroni are some of the hit products.

### **Expansion and sustainability**

The project could sustain itself due to the hard work and commitment of the core project team. The help from the volunteers poured in after the initial glitches were clinched and the project's popularity grew.

### **Feedback from staff and students**

Amazing support from the principal, the staff and students was received.

Some comments received from the faculty:

" Mouth watering. Yummy meals "

" Excellent work by FT Dept., Awesome food. Keep it up"

Students' feedback:

" Loved both the snacks. You guys are amazing. It was both nutritious and tasty, keep on working and doing this."

" Its healthy and tasty. We love Nutri bites.

" Yummy loved it! Keep it up guys awesome effort!"

" Very good taste of cutlet. All the best Khana Khazana.

" Amazing muffins. All the best! Keep rocking KHANA DETE REHNA!"

## **CHALLENGES FACED**

Every new project is likely to throw up different issues and challenges but to overcome them is the key to success. While working on Nutri Bite project, we faced many challenges.

**Generating the seed money** - Financial resources are a prerequisite for running a food business. Initially, we thought of asking the college for the seed money but our self-help group came forward to contribute rupees fifty each which was enough to start our initiative.

**Toiling the long pre-preparation-** One of the major challenges faced in this project was the long pre-preparation time (e.g. in chopping) that many dishes required..

**Breaking the myth that healthy food is not tasty** - Providing healthy food with taste is one of the biggest challenges for the team. They work hard on menu and pre-preparation of dishes to provide taste with health.

**Responding the preferences of youth** –Veggie Macaroni, Cheese Corn Burst and Whole-wheat veggie Burger better appreciated by the students than grilled sandwiches or kala chana chaat.

**Marketing food safety and nutrition** - With a canteen running in the college that offers cheaper options, it was a challenge to justify the higher cost of Nutri Bite snacks. Our focus on quality, safety and nutrition helped us to face this challenge.

## **LIMITATIONS, LESSONS LEARNT AND VISION FOR THE FUTURE**

The Nutri Bite Plaza can catered to about 70-100 customers a day. This project is a great learning experience particularly for the core team of students. The first lesson learnt was how to manage quantity production. Under the guidance and mentorship of faculty, the students learned about standardization of recipes, developing new recipes, costing and also managing the expenses and profits. Running a catering business, though lucrative has its own shortcoming since cooked food is highly perishable and demand of consumers is rather fluid. Students learnt that the nutrition has to be incorporated in the dishes of consumer liking. Nevertheless, his humble endeavor has given us a glimpse to entrepreneurship and some of students are inclined to setup our own food business in future.

The project started on a small scale but the team wishes to extend its operation by expanding on variety of food and catering to a larger number of students.

## **CONCLUSION**

To conclude, Nutribite- a Food Plaza is an initiative for the students and by the students driven by the commitment to provide a nutritious cum safe snacks at affordable prices. This endeavor has taught the basics of catering business, instilled entrepreneurial skills, enriched the culinary skills, inculcated creativity and boosted the confidence of a team students who can dream of starting their own venture in future. It has successfully addressed the felt need

of the staff and students to have access to safe and nutritious food in the colleges

## Creative Endeavours by Apparel Design and Construction

Annual Fashion Show 2014-2015, 2015-2016, 2016-2017, 2017-18, 2018-2019



Wall graffiti 2016-2017, 2017-18, 2018-2019



**WALL GRAFFITI BY  
APPAREL DESIGN AND CONSTRUCTION**

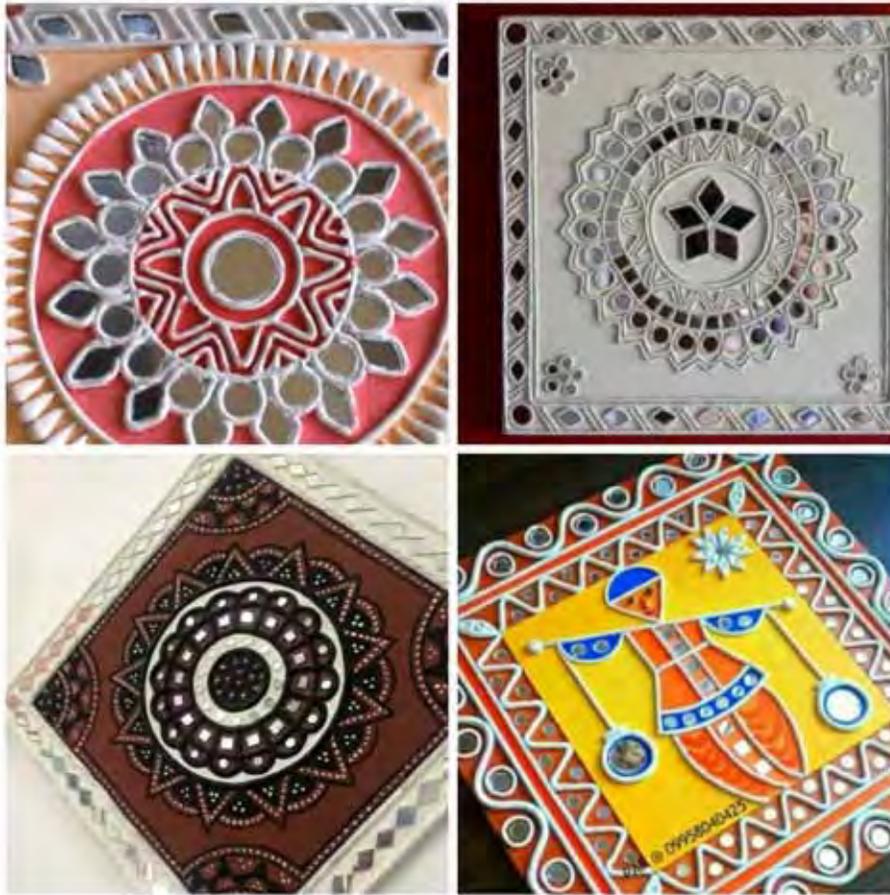
Design Studio- Entrepreneurship venture 2018-2019



Workshop demonstrating weaving, printing 2017-2018



Lippan art Workshop 2018-2019



Block Printing 2014-2015, 2015-2016, 2016-2017, 2017-18, 2018-2019



Field visit 2018-2019



# **ADC Students' Visit to Crafts Mela on 26 February 2019**

**II Year and III Year**

Traditional Hand Paintings 2018-19



Traditional Paintings



# WOMEN AND LEGAL LITERACY 2018-19

